

# Argagaxisonimada u diyaargarowgeeda

## Wixii Akhbaar Dheeraad Ah Kala Xirrir

Degmada Sandiyeego  
Cinwaanka guud ee internetka  
ee Degmada  
[www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Diyaargarowga Degmada  
Sandiyeego xaaladda deg-dega ah.  
Xafiisk hawsha xaaladda deg-dega ah  
(858) 565-3490  
[www.sdcounty.ca.gov/odp](http://www.sdcounty.ca.gov/odp)

Wixii akhbaar ee ku saabsan  
tallaalka kala xiriir teletoonkan  
(800) 600-9594

Marka dhibaato dhacdo wac  
telefonkan  
(800) 550-5234

Gobolka Kalifoorniya  
Xafiiska xaaladda deg-dega ah  
[www.oes.ca.gov](http://www.oes.ca.gov)

Xaruumaha koontroolka cudurada  
yo ka hortaggooda  
(888) 246-2675  
[www.cdc.gov](http://www.cdc.gov)

Wasaaradda Nabad-sugidda ee  
Waddanka  
[www.ready.gov](http://www.ready.gov)

Laangayrta cas ee Mareykanka.  
[www.redcross.org](http://www.redcross.org)

## GUDDIGA HORJOOGAYAASHA EE DEGMADA SANDIYEEGO.

Greg Cox - Dist. 1 • Dianne Jacob - Dist. 2  
Pam Slater - Dist. 3 • Ron Roberts - Dist. 4  
Bill Horn - Dist. 5



WarqadahAn waxaa daabacay Degmada Sandiyeego.  
Qayba caafimaadka iyo u adeega dadka.

*Waxaan si gaar ah ugu mahad celinaynaa xaruumaha koontroolka cudurada iyo ka hortaggooda, iyo wakaaladda maareynta xaaladaha deg-dega ee dawladda dhexe halkaasoo aanu sawiro ka isticmaalhay maktabadooda sawirada.*

Maajo 2003



# Argagaxisonimada baayolojiga

Tusaalayn xagga caafimaadka oo loogu  
talogalay dadweynaha degan  
Degmada Sandiyeego.

# Argagaxisonimo iyo Argagaxisonimada baayolojiga



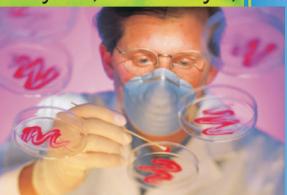
## Waa maxay argagaxisonimada?

Argagaxisonimada waxaa lagu qeexaa inay tahay in si khalad ah loo isticmaalo wax khatar gelinaya ama carqalad gelinaya dadka si cabsi ugu abuuranto, sababta loo sameynayana waxay tahay iyadoo la doonayo in la soo jeedsado dadka ama la hanto soo jedinta dadka si loo gaaro sababo siyaasadeed, diineed ama bulshadeed.



## Waa maxay argagaxisonimada baayolojiga?

Argagaxisonimada baayolojiga waa noocyoo badan oo argagaxisonimo ah taas oo ku salaysan in si ulakac ama khatar ah loo isticmaalo fayras, bakteeriyo, fangi, ama sun ka timid noole, si loo sabobo dhimasho ama jirro ku dhacda dadka, xoolaha ama dhirta.



## Ma u diyaargarownay?

Degmada Sandiyeqo qaybta caafimaadka iyo u adeegga dadka iyo kooxaha gargaarka deg-dega waxay aad ugu diyaargaroobeen inay ka jawaab celiyaan khatarta ka iman karta argagaxisada baayolojiga. Waxaa la dhisay isgaarsiin casri ah oo si hufan ay ugu wada xiriiraan dowladda dhexe, gobolada, iyo dawladaha hoose iyo weliba kooxaha gargaarka deg-dega iyo xarummaha caafimaadka.



## Waxyaabaha gargaarka deg-dega ee aad u baahan tahay.

Sii uruso waxyaabaha gargaarka deg-dega ah ee loo baahan karo si qof walba oo reerkaaga ka mid ah ama gurigaaga jooga ay ugu noolaadaan ilaa seddex maalmood iyagoo aan wax caawimaad ah aan u baahnayn.

### Waxyaabaha aad u baahanayso waxaa ka mid ah:

- Cunto diyaarsan oo qasacadeysan ama aan qasacadeysnayn oo aan wax karin ah u baahnayn oo muddo iska ooli kara.
- Biyaha dhalooyinka
- Waxyaabaha gargaarka deg-dega ee la isku daaweyyo iyo buug ku tusa sida la isugu daaweyyo.
- Raadiyo bateri ku shaqeeya iyo karbuuno.
- Magacyada, cinwaanada iyo telefon lambarada dhakhaatiirta iyo farmashiyayaasha
- Warqadda musquusha loo isticmaalo iyo kuwa afka la isaga tiro.
- Firimbi
- Dambiilo bac ka sameysan oo qashinka la isaza qaado, biyhana looga hortago.
- Lacagta caddaanka, kaarka deymaha(credit card) iyo koobi warqadaha aqoonsiga oo bac biyaha aan ka soo gudbeen ku xiran.
- Buste iyo dermada lagu seexdo

### Waxyaabaha kale ee iyaguna tixgelinta mudan:

- Midka lagu damiyo dabka
- Waxyaalaha la isku nadiifiyo ee dumarka iyo carruurta ay isticmaalaan.
- Daawooyinka muhiimka iyo muraayadaha indhaha.
- Sharooto wax lagu xir-xiro.
- Furayaal kale oo koobi ah
- Midka qasacadaha lagu furo.
- Dhar kugu filan, roobka waxaad isaga celiso iyo kabo adag.
- Cuntda iyo biyaha aad sii sid xayawaankada rabayada.
- Shumac ama wax kale oo ifaya si aad u isticmaasho haddii toosha shaqayn waayo.
- Tarraq iyo jantosiigaro
- Dhuxul ama burjiko loogu talagalay in dibadda wax loogu karsado\*.

Tixgelin sii inaad ku haysato gaarigagada gadashiisa waxoogaa yar oo waxyaabaha aad u baahan karto , si haddii dhibaato dhacdo guriga markaad ka maqan tahay aad u isticmaasho.

\*Haku isticmaalin burjika wax lagu solo guriga dhexdiisa, xataa meesha daska lagu shito, maxaa eeley waxay sababi kartaa sumow kaarboon labo ogsaydh.



**Su'aal:** Ma gataa maasgarada wejiga la gashto?



**Jawaab:** Xaruumaha caafimaadka ee laga koontroola cudurada waxay qabaan inaan iibsan maasgarada wejiga ee suuqa lagu iibyo, haddii maaskarada aynan si fiican kuula ekayn ama sidii habboonyayd aanan loo isticmaalin ku siin mayso kahortaggii looga baahnaa.

Intaa waxaa sii dheer, marka weerar argaga xiso dhacdo meel kasta oo aad tagto haddii aadan xirnayn maasgarada wejiga markaas waxbaa kuu tari mayso.

**Su'aal:** Sideen ku ogaan karaa inay dhacdey weerar argagaxiso oo baayoloji ah? Yaase ii sheegaya?

**Jawaab:** Haddii weerar ka dhaco gudaha, shaqaalaha caafimaadka waxay markaa ka shaqaynayaan inay go'doomiyaan iyo inay daaweeyaan wixii cudur faafo ah si ay uga hortagaan inuu cudurka faafo.

Qayb ka mid ah waxyaabaha la isku dayayo in looga hortago waxaa ka mid ah in dadka la ogaysiyo tallaabooyinka ay qaadi lahaayeen si iyaga iyo reerahoodaba isu ilaaliyaan.

Meelaha aad ka ogaan karto haddii khatari dhacdo waxaa ka mid ah raadiyaha, telefishinka, telefoon oo aad wacdo, ama shaqaalaha garraarka deg-dega oo iriddaada kuugu iman kara. Haddii taasi dhacdo raac talo-bixinta shaqaalaha qaabilسان, iskuna dey inaad xasloonato. Shaqaalaha caafimaadka waa kuwo aad u tababar oo sii qorsheeyey sidii ay wax uga qaban lahaayeen haddii cudur ama wax kale ka dillaaco arrinkan.

**Su'aal:** Inteeban ka heli karaa akhbaar faahfaah san oo ku saabsan sidaan ugu diyaar garoobi lahaa haddii argagaxisinimo Baayoloji dhacdo?

**Jawaab:** Wixii akhbaar ah ee ku saabsan diyaargarowga Degmada Sandiyeego haddii argo gaxisinimo dhacdo iyo halkii kale ee aad ka heli lahayd akhbaaro kale oo ku saabsan argagaxisinoma iyo argagaxisinoma baayolojiga ka fiiri ciwaanka internetka ee Degmada kaas oo ah sidan: [www.sdcounty.ca.gov/terrorism](http://www.sdcounty.ca.gov/terrorism).

Wasaaradda nabab-sugidda waddanka waxay ciwaankeeda internetka ku haysaa akhbaar ku saabsan sidii loogu diyaargaroobi lahaa argagaxisinoma, ciwaankooduna waa kan. [www.ready.gov](http://www.ready.gov)

xaruumaha koontroolka cudurada iyo ka hortaggooda waxay horeyba u haayeen akhbaaro ku saabsan argagaxisinoma baayolojiga iyo waxyaabaha laga sameeyo iyo cudurrada laga gaado ciwaankooduna waa kan [www.cdc.gov](http://www.cdc.gov)

# Maxaan Sameeyaa?



## 1. QORSHE SAMEYSO

- ▶ Qorshe samee sidaad ehelkaaga u badbaadin lahayd haddii dhibaato dhacdo, sidii aad sameyn lahayd hadii masiibo deg-dega ku habsato sida dab ama dhul gariir.
- ▶ Samee qorshe siddii aad u badbaadi lahayd/baxsan lahayd oo shaqada iyo gurigaba ah. Samee wadiiqooyin kala duwan oo aad ku badbaadi karto iyo meel guud oo lagu kulmo.
- ▶ Samee qorshe war isgaarsiinta deg-dega ah oo meelaha lagu soo dhejiyo, si fududna loo heli karo. Kuna dar lambarada laga helo:
  - Dhakhaatiirta (dadka iyo xayawaankaba)
  - Cid aad la xiriiri karto oo ka baxsan meesha aad deggan tahay si aad uga hesho akhbaar inta ay dhibaatada socota.



## 2. DIYAARGAROW

- ▶ Samee qorshe cunto iyo cabitaan oo qof walba oo guriga ka mid ah ku filan ilaa seddex maalmood inta lagu Jiro xaaladda deg-dega ah.
- ▶ Baro gar-gaarka deg-dega si haddii maamulayaasha ay kaa codsadaan aad u caawin karto.
- ▶ Baro dabeecadda argagaxisanimada iyo sida ay u shaqeeyaan argagaxisada.
  - Warixin gee xafiiska FBI-da Sandiyeego (858)565-1255 haddii aad aragto wax ku tuuhun geliya.
- ▶ Mar walba taxadar qab degaankaagana ilaali.
  - Baro meelaha si dhakhso leh looga baxsan karo.
  - Ka fogow inaad qaado ama aad furto waxyaa baha boostada kuugu imanaya haddii tuuhun kaa galoo.
  - Marka aad safraysa mar walba la soco borsooyinkaaga, hana u qaadin waxba qof aadan garanayn.



## 3. TABABAR QAADO

- ▶ Ku tababar qaado si joogto ah sidii aad u baxsan lahayd markaad maqasho dhawaaqa gambaleelka lagu baxsado
- ▶ Qorshihiina isgaarsiinta si joogto ah dib ugu noqo kana dhig mid wakhtiga la socdo, si aad u xaqiijisaan in dadku yaqaano meesha laga helo iyo in lambaradiina ay sax yihiin.
- ▶ Ha noqoto xirfaddaada gar-gaarka deg-dega mid wakhtiga la socoto laysinkagana mid aan dhacsaneyn.

# Su'aalaha Badanaa La Isweydiyo Ee Ku Saabsan Argogaxisonimada Baayolojiga.



**Su'aal:** Intee bay dhab tahay khatarta ka iman karta argagaxisonimada baayolojiga?

**Jawaab:** Khatarta ka iman karta argagaxisonimada baayolojiga way xadidan tahay, laakiin waxaan doonaynaa inaan u diyaargarowno dhacdo kasta.

Dad mareykanka waxay u badan tahay in dhaawocydya ka soo gaara shilalka gawaarida ay ka badan tahay wixii ka soo gaari lahaa fal argagaxiso.



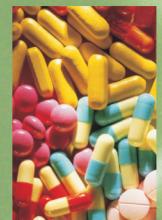
**Su'aal:** Sideen u caawin karaa ilmahayga?

**Jawaab:** U xaqiji in nabadjelyadooda ay sugar tahay  
Ka wareyso sida ay dareemayaan, dhagaysana sida fikradooda tohay.



**Su'aal:** Qof u ku dhacay argagaxisonimada baayolojiga daawo maleyahay?

**Jawaab:** Inta baadan ee argagaxisonimada baayolojiga daawo way leyahiin. Kuwa badan sii guul leh baa antibiyotikada loogu daaweyn kaara.



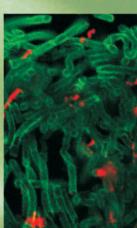
**Su'aal:** Wax daawo ah ma jirtaa haddii uu qofka cudur ka qaado waxyaabo ka soo garay argagaxisonimada baayolojiga?

**Jawaab:** Maya, antibiyotikada waa la helayaa haddii loo baahdo iyada, laakiin qaodashada antibiyotikada amar dhakhtar la'an waxay noqon kartaa khatar.

1. Hadaad iskaa isugu daaweysyo antibiyotiko aan laguugu tala gelin, waxay qofka u keeni kartaa jirro, waxayna sababi kartaa waxyaabo kale oo dhibaato leh inay qofka soo gaaraan.
2. Antibiyotikada marka ay muddo meel taalo waxtarkeeda waa yaraadaa

**Su'aal:** Ma iska tallaali karaa cudurka kudka?

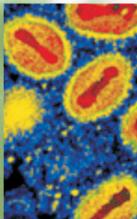
**Jawaab:** Kuma talinayno iska tallaalka cudurka kudka.  
Wakhtigan xaadirka, milateriga oo keliya ayaa heli kara tallaalkan.



**Su'aal:** Ma iska tallaahi karaa cudurka furuqa

**Jawaab:** Tallaalkan hadda dadwaynaha ma heli karaan.

Inkastoo wakhtigan xaadirka ay jirto daawo wax ku ool ah, haddana waxaa keliya oo la tallaaly kooxaha heeganka ee caafimaadka guud ee dadweynaha iyo isbitaalada.



**Su'aal:** Haddii horay la iiga tallaaly furuqa, tallaalka weli wax iga celinaya?

**Jawaab:** Waxay u badan tahay maya. Tallaalka wuxuu wax ka celin karaa muddo shan sano marka laga billaabao maalintii lagugu duray, kadibna wuxuu bilaabaa inuu lumiyo awooddii waxaqaabatka. 20 sano ka dib tallaalka, qofka kuma haraan awood difaac oo dambe, oo ah cudurka furuqa.



**Su'aal:** Maxaan sameeyaa haddii aan galoo marxalad aan aamin-sanahay inay igu soo fakadeen ama jirkayga soo gaareen waxyaabo ka yimid argagaxisonimada baayolojiga?

**Jawaab:** Iskuday inaad dabooshioiskaaga, afkaaga, iyo meel walba oo dhaawac furan oo maqaarkaaga ka mid ah. Samee wax kasta ee aad u malaysnid wax ku ool ee aad heli kartid.

Maro walba oo isku cufan, oo ka samaysan suuf sida funaanad la laalaabay ama shukumaan, waxay kaa caawin karaan inaynoo soogudbin waxyaabaha suntan xaaladda deg-dega. Isku dhaq dhamanta saabuun iyo biyo marka ay suurtogal kuu moqoto.

